

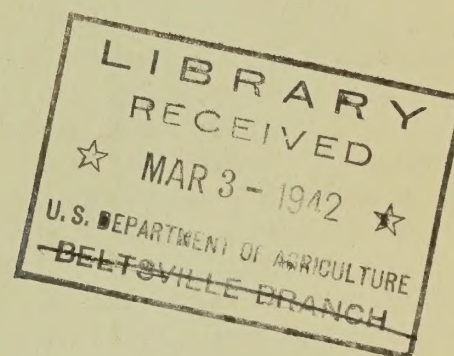
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REFERENCES TO PUBLICATIONS ON FOODS AND NUTRITION

Compiled From Weekly List Sent to Home-Economics  
Extension Workers

July, August, September,  
October, and November, 1941

By Edith L. Allen  
Assistant Home Economist



United States Department of Agriculture  
EXTENSION SERVICE  
Washington, D. C.





Food and        NEW DIETARY STANDARDS FIXED BY COMMITTEE OF EXPERTS.  
Nutrition        (Nutrition. The Quaker Oats Co., pp. 1, 3, May-June  
1941.) Announces the setting of dietary standards by  
the Committee on Food and Nutrition of the National Research Council.

Food and        NATIONAL NUTRITION CONFERENCE FOR DEFENSE. Eleanor Howe  
Nutrition        and Frank L. Gunderson. (Nutrition. The Quaker Oats  
Co., pp. 1-2, May-June 1941.) A report of the National  
Nutrition Conference for Defense which met in Washington,  
D. C., in May 1941. The questions raised at this meeting included:  
How much responsibility should the Government assume, and what would  
our national economic policy be with respect to nutrition? What is  
the most effective way to solve the problems of undernutrition and  
surpluses? Can nutritionally adequate diets for all be achieved as  
a result of employment and wage increases to be expected this year  
or next?

Food and        NUTRITION AND THE NURSE. Lenna F. Cooper. (The American  
Nutrition        Journal of Nursing, vol. 41, No. 7, pp. 772-774, July  
1941.) Discusses the importance of nutrition as a science  
and its place in defense. The economic status, of course,  
is one of the causes for many poor diets, but, even in the homes of  
the well-to-do, the diets are often poor. These diets could be cor-  
rected by education and change of food habits. Some things we have  
learned through research; such as, most fruits and vegetables retain  
their vitamin content much longer when kept at a very low temperature  
than if kept at even temperatures. Chopped vegetables and fruits  
lose considerable of their vitamin value on standing because of the  
oxidation that takes place. Potatoes lose vitamins, minerals, and  
protein when allowed to stand in water after peeling, especially  
when sliced. Such food should be used as soon as possible, espe-  
cially when peeled or sliced.

Food and        SCIENCE CONTRIBUTES. Hilde Bruch. (Child Study, vol.  
Nutrition        38, No. 3, pp. 82-84, Spring 1941.) This article points  
out the problem of the child who grows too fat; such a  
child is usually a sad one, for he is bashful and ashamed  
of his shapeless figure, and yet unable to correct it. Even parents  
do not know very much about the body and its function, and often  
mistake other causes for fatness, thinking that it is some glandular  
disorder. Some of the findings in some studies of these children  
state that they are unhappy and possibly their unhappiness is not  
only a sequel to their appearance, but it may be the cause of their  
unhappiness, for it is found that many unhappy children become sad  
because they are maladjusted and therefore find relief in overeating.





THE EFFECT OF CERTAIN CARCINOGENS ON VITAMIN A  
Food and Nutrition IN THE LIVER. C. A. Baumann, E. G. Foster, and  
P. S. Lavik. (Jour. Nutrition, vol. 21, no. 5,  
pp. 431-434. May 1941.) This article concludes that there was no  
correlation between the carcinogenicity of a compound and its effect  
on vitamin A. Butter yellow, which is carcinogenic, and carbon  
black, which is non-carcinogenic, were without effect on the vitamin.  
A decrease of vitamin A therefore is not a necessary prerequisite to  
tumor formation.

LOOK BEFORE YOU COOK. Rose Brown and Bob Brown.  
Food and Nutrition (Robert M. McBride and Co., New York, 1941,  
404 pp.) A cookbook which discusses the ad-  
vantages and disadvantages of using canned and other types of food.  
It points out when it is a waste of time and money to prepare certain  
food in the kitchen, and when this may be done to advantage.

FEEDING THE FAMILY. Eva Selden. (Parents'  
Food and Nutrition Mag., vol. 16, no. 5, pp. 52, 82. May 1941.)  
This article tells what is being done in the  
way of formulating standards for vitamin-enriched flour and how bakers  
and millers are cooperating in the production and use of this flour.  
It also tells of the process.

THE FOOD PROBLEM IN THE GERMAN WAR ECONOMY.  
Food and Nutrition Frederick Strauss. (Quart. Jour. Econ., vol. 55,  
no. 3, pp. 364-412. May 1941.) Discusses les-  
sons learned in the last World War regarding nutrition of the soldiers  
and civilian population; accomplishment of the food program put into  
effect in more recent years; problems that arise in relation to pro-  
duction, farm labor, supply of farm machinery and other influences;  
and factors influencing the domestic food supply and potential food  
imports.

VITAMIN A DEFICIENCY: A FIELD STUDY IN  
Food and Nutrition NEWFOUNDLAND AND LABRADOR. David Steven and  
Geo. Wald. (Jour. Nutr., vol. 21, no. 5,  
pp. 461-476. May 1941.) A report of a study of vitamin A conducted  
in Newfoundland and Labrador. From this study it was found that both  
vitamin A deficiency and beriberi are most prevalent in February and  
March. Excluding infants, these diseases were found principally in  
adults. Vitamin A deficiency occurred in both sexes at an average  
age of about 26. Beriberi primarily affected the males of an aver-  
age age of about 40.



Food and Nutrition THE JOB AHEAD. Thomas Parran. (Survey Graphic, Vol. 30, No. 7, pp. 396-400, July 1941.) A general article emphasizing the value of a program to correct deficiency diseases through improvement of the diet. It is followed by a statement of the "Recommendations to the President of the U. S. A. From the National Nutrition Conference for Defense."

Food and Nutrition MOBILIZE FOR TOTAL NUTRITION! Russel M. Wilder. (Survey Graphic, Vol. 30, No. 7, pp. 381-386, July 1941.) A general discussion of knowledge of nutrition and the importance of improving the nutritional status of the American people.

Food and Nutrition FOOD FADS, FALLACIES AND FACTS: I. Doris W. McCray. (Hygeia, Vol. 19, No. 8, pp. 646-649, August 1941.) The first of a series of articles giving the history, and contradictory opinions regarding food. Among these are the opinions held (1) that lettuce will keep one awake; (2) that it makes people sleepy.

Food and Nutrition ESSENTIALS OF AN ADEQUATE DIET: I. Ruth Cowen Clouse. (Hygeia, Vol. 19, No. 8, pp. 643-644, August 1941.) Presents standard daily food allowances which are recommended by the Committee on Food and Nutrition of the National Research Council.

Food and Nutrition NUTRITION SERVICE IN COUNTY PUBLIC HEALTH PROGRAM. A. F. Whitsitt. (The Child, Vol. 6, No. 1, pp. 16-19, July 1941.) Explains how to carry out a county-wide nutrition program and suggests getting a picture of the county situation and a list of all agencies dealing with nutrition problems, calling a conference, the connection the Health Department should play in the school-lunch program, and indications of progress.

Food and Nutrition A DISCUSSION OF VITAMIN B COMPLEX. B. L. Maizel. (International Confectioner, Vol. 41, No. 6, pp. 8-9, 44-45, June 1941.) A discussion of the opinions that the best vitamin sources are not widely used, that vitamin B<sub>1</sub> aids carbohydrate metabolism, and methods of measuring and determining the need for certain vitamins.

Food and Nutrition NUTRITIONAL PROBLEMS OF NATIONAL DEFENSE. Albert M. Potts. (Science, Vol. 93, No. 2423, p. 539, June 6, 1941.) Report of a symposium on nutrition conducted by the Chicago Branch of the American Association of Scientific Workers. Here it was urged that wheat milling processes be modified, as is already being done, to include the greatest possible vitamin content; that to all refined sugar be added 20 percent of its weight of skimmed milk solids; and that vitamin C as citrus fruit or concentrates then be added to all diets.



UNITED STATES DEPARTMENT OF AGRICULTURE  
EXTENSION SERVICE  
WASHINGTON, D. C.

Miss Merrill:

The 1940 section of "Refs. to Publications on Foods and Nutrition" is not enclosed inasmuch as the supply of this leaflet is exhausted.

*ELA*

Edith L. Allen  
Asst. Home Economist

UNITED STATES DEPARTMENT OF AGRICULTURE  
EXTENSION SERVICE  
WASHINGTON, D. C.

Miss Merrill:

The 1943 edition of "Notes for Subscribers on Loans and Nutrition" is not enclosed inasmuch as the supply of this leaflet is exhausted.

Edith L. Allen  
Asst. Home Economist



Food and Nutrition THE DISTRIBUTION OF PYRIDOXINE (VITAMIN B<sub>6</sub>) IN MEAT AND MEAT PRODUCTS. LaVell M. Henderson, Harry A. Waisman, and C. A. Elvehjem. (The Journal of Nutrition, Vol. 21, No. 6, pp. 589-598, June 1941.) A summary of the study of the distribution of vitamin B<sub>6</sub> in meat and meat products and a report of a study made in this connection. It was found that kidney and muscle were the richest sources while liver was somewhat lower. The fried meat samples showed least destruction, but roasting and stewing caused losses of from 20 to 50 percent. Commercial processing of various meat samples resulted in similar losses.

Food and Nutrition IRON METABOLISM IN HUMAN SUBJECTS ON DAILY INTAKES OF LESS THAN 5 MILLIGRAMS. Ruth M. Leverton. (The Journal of Nutrition, Vol. 21, No. 6, pp. 617-631, June 1941.) A report of the iron requirement of human beings. Iron content of the blood serum decreased consistently and significantly during low-iron regimen but whenever the intake of iron was increased, serum-iron levels rose markedly and then dropped again when the low iron intake was resumed. Results suggest that there is no need for emphasis on amounts of iron exceeding 6.5 mg. daily in the diet of young women; emphasis should rather be placed on liberal amounts of other dietary essentials.

Food and Nutrition FURTHER EXPERIMENTS ON THE CALCIUM REQUIREMENT OF ADULT MAN AND THE UTILIZATION OF THE CALCIUM IN MILK. F. R. Steggerda and H. H. Mitchell. (The Journal of Nutrition, Vol. 21, No. 6, pp. 577-588, June 1941.) A continuation of a report on the calcium requirements of adult man and his ability to use calcium in milk. The findings in these experiments were that commercial dessication of milk does not appreciably affect the biological value of its calcium. These findings are in agreement with results of experiments on rats. Studies indicate that the requirements reported by Mitchell and Curzon, higher by about 50 percent than the estimates of Sherman, are probably safer.

Food and Nutrition CONFERENCE SETS COURSE TO BETTER NATIONAL NUTRITION. George E. Doying, Jr. (Food Industries, Vol. 13, No. 7, pp. 64-66, July 1941.) This is a report of the Conference on Better National Nutrition.

Food and Nutrition HOW TO MAKE NATURALLY FLAVORED MARASCHINO-TYPE CHERRIES. F. A. Lee and E. A. Beavens. (Food Industries, Vol. 13, No. 7, pp. 52-54, July 1941.) This article gives instructions for coloring and processing cherries of the Napoleon (Royal Ann) variety which may be hardened and made into Maraschino-type cherries. It is the purpose to provide processors with methods for producing naturally flavored colored cherries in order to create a greater demand.



Food and nutrition      A STUDY OF VITAMIN C NUTRITION IN A GROUP OF SCHOOL CHILDREN. Part II. Dietary Evaluation. Elizabeth Murphy. (The Journal of Nutrition, v. 21, no. 5, pp. 527-539, May 1941.) The second part of this report,

it takes up the evaluation of the dietary used. In the findings of vitamin C undernutrition, a large percentage examined showed plasma ascorbic acid values of less than 0.40 mg. percent, while a slightly lesser number showed oral inflammation. Large losses of vitamin C attributed to the effects of storage and poor canning methods emphasize the dietary relation to the clinical symptoms.

Food and nutrition      VITAL VEGETABLES: HOW TO USE THEM. Leslie Powell. (The C. W. Daniel Co., Ltd., London, 1940, 63 pp. paper.) An English publication with recipes for preparing such vegetables as artichokes, asparagus, beans, cabbage, carrots, and other common vegetables.

Food and nutrition      FOODS AND NUTRITION. Fern Silver. (D. Appleton-Century Co., New York, 1941, xi-522pp.) A textbook intended for senior high schools, it takes up the foods in relation to energy and growth, minerals in relation to body nutrition, the vitamins, adequate diets, planning, preparing, and serving of meals, and something on the consumer buying of foods.

Food and nutrition      NICOTINIC ACID. (Merck & Co., Inc., Rahway, N. J., October 1940, 142 pp.) As the title indicates, this is a bibliography covering the discussion of nicotinic acid from 1867 until May 1940. The comments accompanying each title explain the history and characteristics of this vitamin.

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Food and nutrition      THE CANNING TRADE. Paper. (The Canning Trade, Baltimore, Md., 1940, v. 63, no. 42, 262 pp.) A trade handbook giving the names of associations and officers; food laws and regulations; standards of identity, quality, and fill of container for canned foods, such as peaches, preserves, and milk. Canned food grades are also given, sizes of cans, weights of canned foods in different size containers, and statistics showing the range of prices for canned foods during 1940.



Food and Nutrition INCREASE OF VITAMIN B<sub>1</sub> INTAKE BY THE USE OF SPECIAL HIGH VITAMIN B<sub>1</sub> BREAD. Alfred H. Free. (Cereal Chemistry, vol. 17, No. 6, pp. 725-733. November 1940.) A discussion of the report of the Mixed Committee on the Problem of Nutrition of the League of Nations; also, recent research on increase of vitamin B<sub>1</sub> by the use of special vitamin B<sub>1</sub> bread. When such bread was eaten by 17 young college women, no significant alteration appeared in hemoglobin concentrations during this period. If the urinary excretion reflects the state of thiamin nutrition, an improved state of thiamin nutrition in these subjects is indicated. The special bread contributed over 35 percent of total thiamin intake.

Food and Nutrition VITAMIN B FOR BUOYANT HEALTH. Henry Borsook. (Science Digest, vol. 9, No. 5, pp. 2-9. May 1941.) A summary of a chapter in a book on vitamin requirements.

Food and Nutrition THE DISTRIBUTION OF NICOTINIC ACID IN HUMAN AND ANIMAL FOODS. A. L. Bacharach. (Nutrition Abstracts and Reviews, vol. 10, No. 3, January 1941, pp. 77, 460, 461.) Reports the distribution of nicotinic acid in human and animal foods, with a brief discussion of a number of studies reviewed. A table shows the nicotinic acid content of various foods. References are given as to sources of figures.

Food and Nutrition UTILIZATION OF DRIED EGG WHITES IN BAKERY PRODUCTS. Betty M. Watts and Catherine Elliott. (Cereal Chemistry, vol. 17, No. 1, pp. 1-9. January 1941.) Research on the use of dried egg white in bakery products. Eggs prepared by several methods are compared; also their uses in different food products. In cream puffs, for example, the fresh egg gives the best results; and vacuum-dried, the next. Commercial samples of dried whites whip better and are more suitable for meringue mixture than the fresh whites or vacuum-dried material. In batters and doughs, the commercial whites are inferior.

Food and Nutrition TENDER "FRANKS." (Scientific American, vol. 164, No. 4, pp. 228. April 1941.) Explains how skins enveloping frankfurts are made tender through use of fresh juice of the pineapple. The enzymes in pineapple juice peptize the proteins and soften cell tissues. If frankfurts are allowed to hang for a sufficient time to permit enzymes to do their work, the regular processing by smoking may be continued. The steps that follow, including cooking, cooling, and washing with sprays of water, remove all traces of the juice and its enzymes. The traditional flavor of the sausage remains without even the slightest flavor of the pineapple.

Food and Nutrition THE THIAMIN (VITAMIN B<sub>1</sub>) VALUES OF WHEAT GERM MUFFINS. Margaret L. Fincke and Ruth R. Little. (Journal of the American Dietetic Association, Vol. 17, No. 6, pp. 531-534, June-July 1941.) A study of the B<sub>1</sub> values of wheat germ muffins. The conclusion was that no losses in thiamin values occurred in cooking since equivalent amounts of uncooked muffins (made with and without baking powder) and cooked muffins made without baking powder contained the same amount of thiamin. When baking powder was used, the cooked muffins showed a thiamin loss of 26 percent.

Food and Nutrition MILK -- OR CHEESE -- FOR CALCIUM. Amalia Lautz. (Journal of the American Dietetic Association, Vol. 17, No. 6, pp. 572-574, June-July 1941.) The conclusion of this article is that we should continue to promote use of milk as the important source of calcium in the American diet, particularly for children, and pregnant and lactating mothers, but we should also encourage the use of more hard cheese.

Food and Nutrition NUTRITION IN DEFENSE. Jessie G. Cole. (Journal of the American Dietetic Association, Vol. 17, No. 6, pp. 567-570, June-July 1941.) Outlines a program of nutritional education for defense. It begins with the background, including the problem and what to do, and then lists a number of units to be studied relating to nutrition.

Food and Nutrition DIET AND AGING. C. M. McCay. (Journal of the American Dietetic Association, Vol. 17, No. 6, pp. 540-545, June-July 1941.) A discussion of diet in relation to aging. It contains a report of a number of experiments. In the discussion it says regarding the nutrition requirement during the latter half of life that three experiments with rats showed that the life span is about the same whether the rats were maintained on a high or low level of protein. When rats are placed upon a diet rich in protein at about 1 year of age, the kidneys enlarge and the nonprotein nitrogen of the blood rises to a higher level, but neither of these factors seems to have much effect upon the total life span. As regards body fatness, protein level and exercise during the latter half of life, it was found that whatever the other variables, the rats forced to keep thin enjoyed significantly longer spans of life than the others. Exercise was only favorable in certain groups. The amount of protein or its source had little effect compared to the fatness of the body. If a rat fell below a certain weight level or above it, the life span was shortened.



- Food and Nutrition      ADVANCES IN VITAMIN NUTRITION. (Flour & Feed, Vol. 42, No. 4, pp. 5-6, 26-27, September 1941.) Discusses the vitamin needs of various animals and what differences there are. It discusses the little that is known of the vitamin D requirements for production of milk and for reproduction.
- Food and Nutrition      PLANTS AMERICA GAVE THE WORLD. Edgar R. Burkland. (Agriculture in the Americas, Vol. 1, No. 8, pp. 16, September 1941.) Tells of the various fruits, grains, and vegetables contributed to our diet by the Americas.
- Food and Nutrition      WHAT A FOOD PACKER NEEDS TO KNOW ABOUT CIDER VINEGAR. A. G. Woodman. (The Canner, Vol. 93, No. 12, pp. 13-14, August 23, 1941.) Defines cider and forms of adulteration and says it contains acetic, malic, and lactic acids, traces of alcohol, aldehydes, furfural, and other substances.
- Food and Nutrition      DIETARY ADVANTAGES OF ENRICHED BREAD. James A. Tobey. (What's New in Home Economics, Vol. 6, No. 1, pp. 40-41, September 1941.) Another discussion of dietary needs brought out by the National Nutrition Conference held in May 1941 and some of the ways to meet these needs, including the enrichment of bread.
- Food and Nutrition      VITAMINS ARE VITAL IN VEGETABLES. Katharine Zook. (What's New in Home Economics, Vol. 6, No. 1, pp. 25, 108, 109-114, 116, September 1941.) A summary of scientific principles governing the cooking of vegetables. It also tells how to select and care for them and says that no new cooking methods are needed for quick-frozen vegetables except that the time of cooking is shortened.
- Food and Nutrition      INCREASE PROFITS WITH WHIPPED CREAM SPECIALTIES. (Bakers Review, Vol. 83, No. 3, pp. 19-20, September 1941.) This item says that bakers in increasing numbers are using homogenizing machines to make "whipped-cream" filling for their products. These fillings are being compounded from milk and fat or of water with butter and dry skim milk solids. Homogenized products are chosen because they result in a uniform product from day to day, and a saving in cost is effected.
- Food and Nutrition      WHAT IS ADEQUATE NUTRITION? Beulah B. Westerman. (The American Journal of Nursing, Vol. 41, No. 9, pp. 1014-1019, September 1941.) A discussion of the program presented at the National Nutrition Conference for Defense held in May. It stresses the importance of milk, eggs, lean meats, fish, and poultry, certain vegetables and fruits, dried beans and peanuts, bread, cereal, and other foods in the diet.

NUTRITION AND THE NURSE. Lenna F. Cooper. (The American Food and Journal of Nursing, vol. 41, No. 7, pp.772-774, July 1941.)  
Nutrition An outline of man's concern about nutrition through the ages as based on writings of the ancients. For instance, Pythagoras said: "Eat moderately, bathe plentifully, exercise in the open air, and climb the hills alone." It tells what we have learned through recent research that has changed our methods of preparing and cooking foods, and says that most foods and vegetables retain their vitamin content longer when kept at a fairly low temperature than when kept at a medium temperature. Chopped vegetables and fruits lose much of their vitamin value on standing. These are served generally in salads. Potatoes also lose vitamins, minerals, and proteins when allowed to stand in water after paring, especially when sliced. Such foods should be used as soon as possible after paring or chopping. The article also says the teacher of nutrition must measure the success of her teaching by the personal application which her students make to their own problems and habits of eating.

FOODS WILL SUPPLY YOUR VITAMINS. William S. Barton.  
Food and (Science Digest, vol. 10, No. 2, pp. 62-63, August 1941.)  
Nutrition An article condensed from the Los Angeles Times which urges that a list be prepared of a dozen, or even one-half dozen, foods that are outstanding in the large amount of known vitamins which they contain so that people might obtain the essential vitamins from such foods rather than from pills from the drug store. It cites apricots as among the fruits that are rich sources of vitamin A. Pork and ham are the vitamin B<sub>1</sub> meats, though they may be deficient in other vitamins.

AMERICA HAS A NEW FOOD CHART. (What's New in Home Economics, vol. 5, No. 10, p. 8, June 1941.)  
Food and Presents  
Nutrition the new food chart of the Committee on Food and Nutrition of the National Research Council, released in May 1941. Footnotes explain the chart.

EAT AND GROW THIN SAFELY. Asa C. Chandler. Condensed  
Food and from a chapter of the book "The Eater's Digest."  
Nutrition (Science Digest, vol. 10, No. 1, pp. 5-10, July 1941.)  
A discussion of the daily expenditure of calories by a man who worked at a desk and other occupations. It says that the important thing to remember is that an hour's active exercise requires only about 150-200 calories more, than the usual 2500 per day of a "white-collar" man. Discusses reducing diets in which minerals and vitamins are not reduced along with the calories. It questions whether over-eating has any direct relation to a diseased condition with which it is associated. Reducing medicines are pointed out as being dangerous.



- Food and Nutrition      RECOMMENDED DAILY DIETARY ALLOWANCES. Committee on Food and Nutrition National Research Council. (Journal of Home Economics, Vol. 33, No. 7, pp. 476-479, September 1941.) Contains the table of recommended daily allowances for specific nutrients set up as a goal, with a brief explanation.
- Food and Nutrition      COMMERCIAL APPLICATION OF RESEARCH IN THE CANNING INDUSTRY. S. Henry Ayers. (The Canner, No. 11, Vol. 93, Serial No. 2429, August 16, 1941.) Discusses prospects of the development of new methods in processing food in order to leave food more nearly in its fresh state.
- Food and Nutrition      A STUDY OF HAM SOURING. L. B. Jensen and W. R. Hess. (Food Research, Vol. 6, No. 3, May-June 1941, pp. 273-326.) General sanitation and rapid chilling of carcasses following slaughter are essential in preventing souring of hams. Sterile sticking operations, proper bleeding, adequate refrigeration of carcass and, later, of the ham, sawing to keep sealed - shank marrows, prompt handling, bacteriologically controlled pickle, and clean surroundings help prevent souring.
- Food and Nutrition      AN INVESTIGATION OF COMMERCIAL SAUERKRAUT PRODUCTION. D. Frank Holtman. (Food Research, Vol. 6, No. 3, pp. 225-231, May-June 1941.) A report in which it was found that a relatively stable temperature of 65° F. permitted normal bacterial growth which produced a product of good quality. In rapid fermentation there was apt to be a loss in flavor and aroma. Immature cabbage may lack sufficient sugar to produce a good fermentation. Too cool a temperature also is undesirable.
- Food and Nutrition      EFFECT OF METAL SKEWERS ON COOKING TIME AND TENDERNESS OF BEEF. Sylvia Cover. (Food Research, Vol. 6, No. 3, pp. 233-238, May-June 1941.) Paired tests were made of cooking right and left sides of the same carcass at the same oven temperature - one with skewers and the other without. The result showed that skewers decreased the cooking time and cooking losses, but increased toughness. Long, slow cooking of meat seems to change collagen to gelatin and may be responsible for increased tenderness.
- Food and Nutrition      LOSS OF VITAMIN C DURING COOKING OF RHUBARB. E. Josephine Brown, Hulda Schuele, and Faith Fenton. (Food Research, Vol. 6, No. 3, May-June 1941, pp. 217-224.) A review of research on loss of vitamin C during cooking of rhubarb and report of more recent work, when freshly cooked rhubarb is one of the good protectors against scurvy. It advises leaving the skin on when preparing. Addition of sugar does not affect its vitamin C retention. Covering the cooking utensil aided in the retention of vitamin C.

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- Food and Nutrition THE GOURMET ANGLE AND THE NEW VITAMIN "REVOLUTION IN NUTRITION." J. George Frederick (American Cookery, Vol. 46, No. 2, pp. 121-124, August-September 1941.) Stresses the importance of enjoying the foods we eat, and how the palate has led us to eat and to like foods that are good for us, such as, pork chops, and certain vegetables.
- Food and Nutrition VAST NUTRITION PROMOTION CAMPAIGN SLOWLY GAINS HEADWAY. Pushed by United States. Stephens Rippey. (Food Field Reporter, Vol. 9, No. 5, pp. 1, 23, June 21, 1941.) A discussion of the results of the recent nutrition conference and the persons carrying on the program.
- Food and Nutrition LIFE BEGINS WITH VITAMINS. William L. Laurence. (Ladies Home Journal, Vol. 58, No. 7, pp. 28, 57-60, July 1941.) A history and discussion of the discovery, use, and value of various known vitamins.
- Food and Nutrition NATIONAL NUTRITION CONFERENCE FOR DEFENSE. Rowena S. Carpenter. (The Scientific Monthly, Vol. 53, No. 1, pp. 87-91, July 1941.) Another report of the conference on food and nutrition stating the need for the program decided upon.
- Food and Nutrition DIETARY PROTEIN AND ITS RELATION TO HEALTH AND DISEASE. Editorial. (Journal of the American Medical Association, Vol. 173, No. 2, pp. 113-114, July 12, 1941.) Discusses the quality and quantity of dietary protein which influences growth, maintenance and repair, as well as reproduction and lactation; also as an important source of energy. The article says, among other things that, when animals are fed diets low in proteins, over a time, so-called nutritional edema develops, owing possibly to a fall in the serum protein level and the osmotic pressure under these circumstances. This condition is alleviated when the protein content of the diet is increased. This is one of the important reasons for sufficient protein in the diet.
- Food and Nutrition FRUIT JUICES: HOW THEIR USE CAN BE EXPANDED. W. V. Cruess. (The Canner, Vol. 93, No. 7, pp. 15-16, July 19, 1941.) The author says that while the average Frenchman drinks 37 gallons of wine a year, two people each drinking an 8 ounce glass of fruit juice each morning would consume about 36 gallons of juice a year. He then points out the advantages in food and vitamin values in consuming the juice and tells how juices are prepared commercially.
- Food and Nutrition EFFECT OF NICOTINIC ACID AND THIAMIN CHLORIDE ON THE ADVERSE SYMPTOMS ENCOUNTERED IN OLD AGE. Matthew T. Moore and Jacob Lichstein. (Medical Record, Vol. 154, No. 3, pp. 100-105, August 6, 1941.) The title describes this article. The group tested had complicating diseases.

Food and Nutrition THE DISTRIBUTION OF PYRIDOXINE (VITAMIN B<sub>6</sub>) IN MEAT AND MEAT PRODUCTS. LaVell M. Henderson, Harry A. Waisman, and C. A. Elvehjem. (The Journal of Nutrition, Vol. 21, No. 6, pp. 589-598, June 1941.) A summary of the study of the distribution of vitamin B<sub>6</sub> in meat and meat products and a report of a study made in this connection. It was found that kidney and muscle were the richest sources while liver was somewhat lower. The fried meat samples showed least destruction, but roasting and stewing caused losses of from 20 to 50 percent. Commercial processing of various meat samples resulted in similar losses.

Food and Nutrition IRON METABOLISM IN HUMAN SUBJECTS ON DAILY INTAKES OF LESS THAN 5 MILLIGRAMS. Ruth M. Leverton. (The Journal of Nutrition, Vol. 21, No. 6, pp. 617-631, June 1941.) A report of the iron requirement of human beings. Iron content of the blood serum decreased consistently and significantly during low-iron regimen but whenever the intake of iron was increased, serum-iron levels rose markedly and then dropped again when the low iron intake was resumed. Results suggest that there is no need for emphasis on amounts of iron exceeding 6.5 mg. daily in the diet of young women; emphasis should rather be placed on liberal amounts of other dietary essentials.

Food and Nutrition FURTHER EXPERIMENTS ON THE CALCIUM REQUIREMENT OF ADULT MAN AND THE UTILIZATION OF THE CALCIUM IN MILK. F. R. Steggerda and H. H. Mitchell. (The Journal of Nutrition, Vol. 21, No. 6, pp. 577-588, June 1941.) A continuation of a report on the calcium requirements of adult man and his ability to use calcium in milk. The findings in these experiments were that commercial dessication of milk does not appreciably affect the biological value of its calcium. These findings are in agreement with results of experiments on rats. Studies indicate that the requirements reported by Mitchell and Curzon, higher by about 50 percent than the estimates of Sherman, are probably safer.

Food and Nutrition CONFERENCE SETS COURSE TO BETTER NATIONAL NUTRITION. George E. Doying, Jr. (Food Industries, Vol. 13, No. 7, pp. 64-66, July 1941.) This is a report of the Conference on Better National Nutrition.

Food and Nutrition HOW TO MAKE NATURALLY FLAVORED MARASCHINO-TYPE CHERRIES. F. A. Lee and E. A. Beavens. (Food Industries, Vol. 13, No. 7, pp. 52-54, July 1941.) This article gives instructions for coloring and processing cherries of the Napoleon (Royal Ann) variety which may be hardened and made into Maraschino-type cherries. It is the purpose to provide processors with methods for producing naturally flavored colored cherries in order to create a greater demand.



Food and nutrition THE EVOLUTION OF MAN'S DIETARY REQUIREMENTS. Robert R. Williams. (Journal of the American Dietetic Association, v. 17, no. 5, pp. 415-428, May 1941.) In discussing the evolution of man's dietary requirements this author says that man has been cooking his food for a few thousand years and thus losing a small portion of nature's thiamin supply. There is a very recent practice of decorticating his grain, refining plant juices and making white sugar, and other ways in which he has eliminated certain important chemicals from his diet. However, long-standing habits are difficult to alter, so it is quicker to restore the lost vitamins to staple foods by the use of synthetics, but in doing this we must not lose sight of the fact that there are probably other vitamins of importance that we cannot as yet replace in any way.

Food and nutrition FOOD INSTEAD OF VITAMIN PILLS. Amalia Lautz. (Hygeia, v. 19, no. 5, pp. 400-404, May 1941.) This article says that hardly a week passes without a newspaper's announcing a recent discovery of a new vitamin or something else that possesses health-giving powers, and points out the extent to which all this is advertised, and then stresses the fact that fortunately foods in their natural state contain a large assortment of vitamins, minerals, and other substitutes discovered and still to be discovered, which are essential to health. It then advises people to get all necessary vitamins from natural foods since the pills and capsules in the drug store have been separated from the foods that originally contained them or have been made. Therefore they are medicines and not foods.

Food and nutrition PURCHASING FRUIT AND VEGETABLES. G. L. Wenzel and Leo Mayers. (The American Restaurant Magazine, v. 25, no. 3, pp. 49-52, March 1941.) Discusses some problems met in buying foods intelligently. The article outlines proper specification for most foods and vegetables. For example it says that broccoli should be fresh, green, firm, and tender, with compact buds that are dark green and have short, brittle stalks. A diagram indicates the comparative length of the stalks of broccoli, and of peas and beans in pods. It also shows something about the size of oranges and other citrus fruits.

Food and nutrition VITAMINS AND SENESCENCE. Agnes Fay Morgan. (The scientific Monthly, v. 52, no. 5, pp. 416-421, May 1941.) A discussion of the use of various vitamins in the prevention of senescence. The study reported was made on rats and dogs. The author says in conclusion that old-age phenomena can doubtless be deferred indefinitely, but modern living seems to bring them on earlier than need be. It seems as if primitive man obtained more of the necessary food factors from the unrefined plants and animals on which he subsisted than we can get from our refined milk and cooked dainty fare.

Food and Nutrition      FOOD PREPARATION. (Department of Home Economics, Servel, Inc., Evansville, Ind. (1941) HSM 407.) A booklet of recipes and menus that can be prepared with the help of a refrigerator.

Food and Nutrition      VITAMINS AND BREAD STUDIED BY FOOD CEREAL CHEMISTS. Chas. A. Glabau. (Bakers Weekly, Vol. 110, No. 10, pp. 49-52, June 7, 1941.) An article reporting the discussion and several papers presented at the meeting of the American Association of Cereal Chemists in 1941. These papers relate to the subject, Vitamins in bread.

Food and Nutrition      FOOD PURCHASING. (Department of Home Economics, Servel, Inc., Evansville, Ind. (1941) HSM 405. pp 21) Hints for buying foods of different kinds, such as those that supply proteins, carbohydrates, fats, minerals, and vitamins. Questions such as where to buy; how to recognize and judge quality of meat; the buying of milk and dairy products; and the selection of poultry, are discussed.

Food and Nutrition      ENRICHED BREAD--WHERE DO WE GO FROM HERE? (Bakers Weekly, Vol. 110, No. 10, pp. 32-33, 48, June 7, 1941.) The reaction of the bakers to the National Nutrition Conference: That naturally they are disappointed because the conference was not more explicit or definite in its endorsement of the products of the baker, and that there is some confusion as to the relationship between this conference and V-day. The baker's enriched loaf in addition to becoming a symbol of his participation in national defense cannot help but silence the food faddist and at the same time maintain and quite probably increase consumption of his products.

Food and Nutrition      AMERICAN AMBROSIA. Wilson Popenoe. (Agriculture in the Americas, Vol. 1, No. 6, pp. 1-6, 15, July 1941.) A description of the 10 choicest fruits of the American tropics: The mango, mangosteen, cherimoya, lyches, guanabana, and the sapodilla. Other fruits in this group mentioned are the avocado and the pineapple.

Food and Nutrition      NUTRITIONAL PROBLEMS AS RELATED TO NATIONAL DEFENSE. Russell M. Wilder. (American Journal of Digestive Diseases, Vol. 8, No. 7, pp. 243-245.) A paper read before the meeting of the American Gastro-Enterological Association in 1941. It discusses not only the nutritional problems of feeding the Army and Navy, but the overcoming of bad food habits of the American people. Families with liberal income sometimes have a tendency to consume cakes, pastry, candies, sweet drinks, and cocktails and other alcoholic beverages without accompanying vitamins or salts. The supply of calcium is also inadequate unless more milk is taken than many persons drink. The article discusses other ways of improving the diet of the Nation.



Food and Nutrition EASY RECIPES USING CANNED FOODS FROM THE SERVICE KITCHEN. (Home Economics Division National Cannery Association, Washington, D. C., 18 pp., 1941. paper.) A booklet containing recipes.

Food and Nutrition MODERN METHODS OF CANNING AND PROCESSING. (Utah Farmer, Vol. 61, No. 1, July 15, 1941, p. 13.) Explains the steps in three methods of canning; open kettle, hot-pack method and the cold-pack method; how to operate a pressure cooker; and, a hot-water bath.

Food and Nutrition FORTIFICATION OF FOODSTUFFS. G. Murray Luck. (Science, Vol. 94, No. 2428, pp. 31-33, July 11, 1941.) Gives arguments for and against enriching foods with vitamins and other nutritional factors. The author urges the general use of whole-wheat bread.

Food and Nutrition FOOD BUYING AND OUR MARKETS. Day Monroe, Hazel Kyrk, and Ursula Batchelder Stone. (M. Barrows and Co., Inc., New York, 1941, pp. vi + 430.) A revised and enlarged edition which follows the same general plan as the old text.

Food and Nutrition 104 MILK-RICH MONEY-SAVING RECIPES. (The Great Atlantic & Pacific Tea Co., 19 West 44th St., New York, 22 pp., 1941.) A cookbook.

Food and Nutrition AN ASSESSMENT OF THE NUTRITION OF A RURAL POPULATION IN TENNESSEE. John B. Youmans. (American Journal of Public Health, Vol. 31, No. 7, pp. 704-708, July 1941.) A report of a study made in a predominantly rural area in Middle Tennessee, containing 2,500 subjects. One finding was a deficiency in calories in the diet among a high percentage of these people; cases of protein deficiency were confined to adults; and, to older children, other deficiencies, such as iron, as well as lack of vitamins.

Food and Nutrition WHAT CAN THE DENTAL HEALTH WORKER TEACH REGARDING NUTRITION AND DIET? William R. Davis. (American Journal of Public Health, Vol. 31, No. 7, pp. 715-719, July 1941.) Condemns not only much commercial advertising but most textbooks as containing false teaching in regard to teeth. States that trained dental workers have been too prone to make positive statements about care and building of teeth, which should have been qualified. It then tells some things that should be taught regarding diet, such as reduction of sugar and sometimes other carbohydrates in the diet in order to balance it.

Foods and Nutrition (General Mills, Inc., 400 34th Street, Minneapolis, Minn.) This company has a packet of 19 mimeographed circulars by Betty Crocker on the After-the-wedding refreshments; menus and recipes for "big affairs"; Round-the-year buffet luncheon and supper menus; Suggestions for the lunch box; Entertaining at Thanksgiving; For holiday festivities; Christmas party games; Entertaining at Christmas; Shaping rolls and fancy yeast breads; Economy dinners in no time; Ways of stretching food dollars. A simple guide on meal planning for children of preschool age; Dessert parties; Menus for memorable picnics; Beautiful cakes; Betty Crocker's answers to common questions about butter cakes; Essentials for the making of good pie crust; Icings to finish beautiful cakes.

Foods and Nutrition BREADS AND MORE BREADS. Recipes from many nations. Lois Lintner Sumption and Margaret Lintner Ashbrook. (Manual Arts Press, Peoria, 1941, 248 pp., illus.) This book gives a general outline for bread making and suggestions for equipment. It also gives the principles of leavening yeast and quick breads. The remainder of the book consists of bread-making recipes from many different countries.

Foods and Nutrition EVERYDAY FOODS. Jessie W. Harris and Elizabeth Lacey Speer. (Houghton, Mifflin Co., Boston, 1941, pp. viii + 600, illus.) A textbook for high schools, newly revised. New information has been added to some of the chapters and the recipes in the cookbook retested. Many of the illustrations are new.

Foods and Nutrition ARE YOU SENSITIVE TO FOODS? (Science Digest, Vol. 10, No. 3, pp. 6-10, September 1941.) An article condensing information in the book, When You Have Food Allergy. It says that some authorities prefer the expression "food-sensitiveness" to that of allergy and that one speaks of major and minor allergies. The major ones are those which produce acute illness; the minor ones may only cause a person to keep tasting a food for the next hour or two after eating it. Desensitizing people to foods is difficult.

Foods and Nutrition PECTIN DECOMPOSITION vs. SUGAR INVERSION IN JELLY. G. L. Baker and W. M. Goodwin. (Food Industries, Vol. 13, No. 8, pp. 45-46, August 1941.) Evidence produced by this study shows that hydrolysis of the pectin itself rather than of the sugar used is the important matter in jelly making. The cranberry was the fruit used in the study.

Foods and Nutrition FACTS ABOUT VITAMINS. Mabel Stegner. (Practical Home Economics, Section 1, Vol. 19, No. 3, pp. 19, 88-89, March 1941.) Includes a table giving specifications for calories, vitamins A, B, C, and G or B<sub>2</sub> for diets of various types, as recommended by several authorities; explains the functions, characteristics, and sources of the several known vitamins.



Food and Nutrition      ENRICHED BREAD - AN ANSWER TO MALNUTRITION? Julia B. Mackenzie. (Journal of the American Dietetic Association, Vol. 17, No. 7, pp. 650-655, August-September 1941.) This article points out the changes that have taken place during the past 40 years in our concept of an optimal diet. It then points out the advantages of iron and vitamin enriched bread.

Food and Nutrition      SAFE AND SANE REDUCING DIETS. Ida Jean Kain (Journal of the American Dietetic Association, Vol. 17, No. 7, pp. 671-674, August-September 1941.) This author advises propaganda to make sane reducing diets popular. She also says that a diet high in proteins usually gives a feeling of satiety quicker and to a greater degree than does low protein meals, that a high protein diet helps to prevent water retention, restricts the consumption of carbohydrates and tends to speed up metabolism which raises the body heat and burns up fat.

Food and Nutrition      FOOD FACTS AND FADS. Helen S. Mitchell. (Journal of the American Dietetic Association, Vol. 17, No. 7, pp. 667-670, August-September 1941.) This author points out the fact that there are a variety of diets or dietary fads which never originated with reputable physicians or dietitians. Among these are the exclusively raw food diet. The author says that these folks may survive and prosper without the use of a stove, but why follow the diet? Then there is the fad of "natural foods" and many others on which she comments.

Food and Nutrition      WITH EMPHASIS UPON NUTRITION. Miriam E. Lowenberg. (National Parent-Teacher, Vol. 36, No. 1, pp. 30-31, September 1941.) Concerns child feeding and says the first consideration is that the child needs three good meals a day. For between-meal lunches, give him fruit or, if he is very hungry, a glass of milk. However, try to eliminate his between-meal snack by seeing that he eats plenty at the three meals. The author points out the importance of texture of food served him.

Food and Nutrition      RECOMMENDED ALLOWANCES FOR THE VARIOUS DIETARY ESSENTIALS. (Journal of the American Dietetic Association, Vol. 17, No. 6, pp. 565-567, June and July 1941.) A report of the Committee on Food and Nutrition of the National Research Council on the amount of food desirable in the daily diet. A table shows the recommended daily allowances for specific nutrients which include calories, protein, calcium, iron, thiamin, A, B<sub>1</sub>, C, riboflavin, and nicotinic acid.

Food and Nutrition      DISTRIBUTION OF NICOTINIC ACID IN FOODS. An editorial. (Journal of American Medical Association, Vol. 117, No. 3, p. 197, July 1941.) A discussion of our present information on the varying distribution of essential dietary factors, particularly nicotinic acid, in foodstuffs. That nicotinic acid is an etiological factor in pellagra seems established, although it is true that victims of this disease often suffer from a multiple vitamin deficiency. Mention is made of some foods comparatively rich in nicotinic acid, one of which is yeast.

Food and Nutrition      A STUDY OF CERTAIN ATTITUDES OF WOMEN TOWARD CANNED FRUITS AND VEGETABLES. Elmer Roper. (National Canners Association, Washington, D. C., pp. 16, 1941, paper.) A report of a study made for the National Parents Association on the opinions of women 18 years of age and over on the question of canned foods. The findings show that a great majority of the public is satisfied with its experiences with canned food but that there are enough instances of dissatisfaction to indicate the need for continued vigilance in the industry. Prices seemed to be regarded as reasonable. Most people buy canned fruits by brand. There appears to be very little active demand for grade labeling on the part of housewives, though more than one-half the people appeared receptive to this idea.

Food and Nutrition      RIBOFLAVIN AS A FACTOR IN ECONOMY OF FOOD UTILIZATION. Barnett Sure and Maurice Dichek, with assistance of Martin M. Citron. (Journal of Nutrition, Vol. 21, No. 5, pp. 453-460, May 1941.) In this report on research on riboflavin as a factor in the utilization of food, the authors conclude that riboflavin produces a pronounced effect on economy of food utilization for synthesis of body tissues. They found that increases in body gains were derived mainly from fats and to a lesser but appreciable extent from proteins.

Food and Nutrition      VITAMINS. (Vogue, Vol. 97, No. 10, pp. 58, May 15, 1941.) This article says that one needs some vitamins to live, but needs more for radiant health, and it tells why. It advises against making vitamins an excuse for improper eating, riotous living, and late hours. It then tells about some of the things for which special vitamins are needed.

Food and Nutrition      COOKING FATS AND OILS. (Consumer's Digest, Vol. 8, No. 6, pp. 33-38, December 1940.) Discusses fats and oils as shortenings and their nutritional value, and compares lards and other kinds of fat, pointing out the characteristics of each. The article says that, for ordinary frying, a can kept in the refrigerator, into which suitable home-rendered fats are poured, will save quite a considerable amount on the cooking-fats bill.



Food and nutrition WHAT, NO VITAMIN B IN CANDY? Eugene B. Edwards. (International Confectioner. Vol. 51, No. 3, pp. 6, 10, 11.) This author suggests putting vitamin B<sub>1</sub> in candy.

Food and nutrition CARE AND EATING OF HERBS. Carl Maas, and Madeleine Maas. (House Beautiful, Vol. 83, No. 6, pp. 53, 112, 113, 114.) The interesting work of planting an herb garden, with some instructions for its care. After the herbs had grown about 2 to 3 months, some were ready for use. A description of how they were harvested and used is included.

Food and nutrition PREPARING GRAPE JUICE AT HOME. H. M. Reed and U. A. Randolph. (Farm & Ranch, Vol. 60, No. 7, pp. 26, July 1941.) As the title indicates, this article tells how to prepare grape juice at home. It discusses equipment, picking, and crushing, color extraction, blending, bottling, and storage.

Food and nutrition NUTRITIONALLY IMPROVED OR ENRICHED FLOUR OR BREAD. Report by the Council on Food and Nutrition. (Journal of the American Medical Association, Vol. 116, No. 26, pp. 2849-2853, June 28, 1941.) This article says that wheat in its various forms contributes 25 percent or more of the average daily caloric intake of persons residing in the United States. It then stresses the importance of fortifying grain from which many of the vitamins and other nutritive essentials have been removed with the endosperm and inner coatings of the grain when milled. It discusses the composition of wheat, whole-wheat flour and white flour and then gives the Council's standards for nutritionally improved flour and the practical methods of obtaining it and points out some of the significance of nutritionally improved flours in the diets of adults and children.

Food and nutrition NATIONAL NUTRITION: (Journal of the American Medical Association, Vol. 116, No. 26, pp. 2854-2855, June 22, 1941.) An editorial on the program for improvement of national nutrition resulting from the National Nutritional Conference for Defense, which says it has begun to inspire doctors, dentists, nurses, home economists, technologists, farmers, and many others with the importance and need for better knowledge of nutrition. It includes a resolution adopted by the House of Delegates of the American Medical Association which endorsed a number of the recommendations including: That research and nutrition be encouraged; that special attention be paid to the diets and nutritional status of all workers; that there be provided an adequate diet for pregnant and lactating women and for children; closer cooperation between medical and public health and other agencies interested in nutrition that medical, dental, and health authorities be represented on all State and community nutritional committees. That schools of medicine give greater thought to the subject of nutrition.



E. H. WILSON ON .

WHAT ARE THE VITAMINS? Walter H. Eddy. (Reinhold Food and Publishing Corp., 330 West 42d St., N. Y., 247 pp., Nutrition 1941.) Explains what the vitamins do and their various properties and function. It is intended for the lay reader as well as for the technical worker. Each vitamin is treated in a separate chapter, in which the symptoms caused by deficiency in it are described, the chemical composition of the vitamins which have so far been determined, and the therapeutic values of the vitamin are given.

THE EFFECT OF LONG COOKING UPON THE STABILITY OF THIAMIN VITAMIN B<sub>1</sub> IN CEREALS. Flora Hanning. (Journal of the Food and American Dietetic Association, vol. 17, No. 6, pp. 527- Nutrition 530, June-July 1941.) A report of the effect of long cooking on the stability of vitamin B<sub>1</sub> in cereals. Two series of experiments were made with rats. In one series, five cereal products, both raw and long cooked, were compared. In the second experiment, uncooked Michigan grown winter wheat was compared with that cooked at both high and low temperatures. A summary of the results says the small loss in vitamin B<sub>1</sub>, due to long cooking, was not statistically significant except in the supplemented cereal mixture. The results of the cooking of the wheat showed that soaking and cooking whole grain wheat destroyed significantly more vitamin B<sub>1</sub> than did cooking the soaked whole wheat in a double boiler, or cooking cracked wheat without soaking either in a double boiler or in a pressure cooker.

CHOICE CUTS: A GUIDE TO SMART MEAT BUYING. (House Food and Beautiful, vol. 83, No. 6, pp. 70-71, 96, 100. May Nutrition 1941.) With illustrations of various cuts, this article points out the different parts of the beef animal, and tells how they should be cooked to be most satisfactory.

COMMUNITY COOPERATION FOR NUTRITION EDUCATION. Muriel W. Food and Brown. (School Life, vol. 26, No. 10, pp. 311-314, July Nutrition 1941.) An outline of the program for community education through vocational education classes. Describes the nutrition work that is being done in Obion County, Tenn., St. Paul, Minn., and Hartford, Conn.

LET'S STUDY FOODS. Florence LaGanke Harris and Ruth Food and Adele Henderson. (Little, Brown & Co., Boston, 371 pp., Nutrition 1941.) A textbook for junior high school level. The contents includes such topics as: America and its food; we must be strong; sharing good times with a few friends; meal management and meals; safety in the kitchen. Chapters take up subjects such as breakfasts, luncheons and dinners, holiday meals, and include recipes.



Food and Nutrition THE STORY OF THE CANNING INDUSTRY. (The National Canners Association, Washington, D. C., revised December 1940, 16 pp., paper.) A circular which in addition to the story of the canning industry contains several bibliographies, one of which lists publications on marketing and distribution of foods, and another lists books on the nutritive value and health aspects of foods.

Food and Nutrition INDUSTRY TESTIMONY ON SPECIAL BREADS AT VARIANCE WITH PROPOSED STANDARDS. Reported by L. L. Robinson. (Bakers' Weekly, Vol. 3, No. 6, pp. 28, 29, 42, August 9, 1941.) A table shows the comparative standards for each of eight kinds of bread. It gives the consumer an idea of the composition of the bread resulting from each standard. The text explains the difference in the standards.

Food and Nutrition ENTERTAINING FROM 4 to 25 GUESTS. (Home Economics Division, National Canners' Association, Washington, D. C., 24 pp., 1941.) A booklet containing recipes.

Food and Nutrition WE CAN FEED OURSELVES IF -- (Condensed from Nation's Business.) A. B. Genung. (Science Digest, Vol. 10, No. 4, pp. 43-47, October 1941.) This article presents the present food situation in the United States with allusions to situations in other countries. It says that in the German population which is rationed at various levels - soldiers; workers doing heavy work; farmers; children; and expectant mothers fare as well as they did in peace times. Thus office workers and those doing light physical labor are bearing the brunt of war-time restrictions of rations. In a similar way, he presents the situation in other countries. For the United States, there seems to be an ample supply, but Britain has to be fed out of sugar grown on this side of the Atlantic. Many canned vegetables also have to be shipped to Britain. She will want a 50-percent increase in packed tomatoes and a substantial increase in peas, beets, sweet corn, beans, and the like. Figures are given to show the need for increased production of eggs and certain other foods.

Food and Nutrition AMERICAN BAKERS ASSOCIATION FILES EXCEPTIONS TO PROPOSED DIETARY FOOD STANDARDS. (American Bakers Association, Bakers Weekly, Vol. 3, No. 5, pp. 29-30, August 2, 1941.) These exceptions deal with statements on labels of foods for special dietary uses, and statements pertaining to other foods subject to other regulations. The term "special dietary used" in the Act is not clearly defined, since all foods have special dietary uses.



Food and Nutrition      GLAMOROUS MEALS FOR PRACTICAL POCKETBOOKS. (The Great Atlantic and Pacific Tea Co., 19 West 44th St., New York, 1941, 44 pp.) A cookbook.

Food and Nutrition      SPARKLE. (The Great Atlantic and Pacific Tea Co., 19 West 44th St., New York, 1941.) A cookbook.

Food and Nutrition      ARE YOU REALLY GETTING YOUR MINERALS? Donald G. Cooley, (Better Homes & Gardens, Vol. 20, No. 1, pp. 44-46, 90-94, September 1941.) A discussion of the foodstuffs furnishing minerals in goodly quantities. Illustrations show the relative amounts each of calcium, phosphorus, and iron in the various foods discussed.

Food and Nutrition      NUTRITION AND HUMAN WELFARE. John Boyd Orr. (Nutrition Abstracts & Reviews, Vol. 11, No. 1, pp. 3-11, July 1941.) Ten years ago an article appeared in this journal under the title, "Nutrition and Human Welfare." The present one discusses the knowledge which has accumulated since that time and considers what contribution the science of nutrition can make toward the building up of a better world order and in post-war reconstruction. Study, however, must be given to the difficult question of heredity in relation to poor physique and ill health as well as nutrition. We must also learn to what extent such heritages are due to inadequate food and all other factors that make for frustration. It is predicted that a great expansion of world agriculture will be needed to supply all people with sufficient protective foods.

Food and Nutrition      THE BOOM IN DRIED FOOD. (Condensed from Business Week, August 23, 1941.) (Science Digest, Vol. 10, No. 5, November 1941.) Tells of the increasing use of dried vegetables since a manufacturing company hit upon the idea of packaging dehydrated vegetables and seasoning with their noodles as a quick means of making soup. It says the biggest selling dehydrated vegetables are, in this order, potatoes, tomatoes, onions, and cabbage. It is predicted that except in soup mixtures, dehydrated vegetables will not be widely accepted by consumers.

Food and Nutrition      "NUTRITION IS NOT A 9-LETTER WORD WITH MEN IN WHITE RAMPANT UPON A FIELD OF VITAMINS..." (The American Home, Vol. 24, No. 4, pp. 12, 15, September 1941.) Points out the fact that the Government has finally found the importance of feeding adults as well as children. What individuals can do about nutrition is to look out for their own.

Food and Nutrition      PLAN YOUR FOOD BUDGET FOR HEALTH DEFENSE. (The American Home, Vol. 24, No. 4, pp. 110-112, September 1941.) Since food cost is one of a family's largest bills, this article advises that menus and marketing should be carefully planned to yield the greatest returns in health.